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SIPDIS

SECSTATE FOR GH/OHA/SPER, ESTELLE QUAIN

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E.O. 12958:N/A

TAGS: [EAID](#) [ASEC](#) [OTRA](#) [BB](#) [XL](#)

SUBJECT: COUNTRY CLEARANCE GRANTED TO QUAIN TO TRAVEL TO BARBADOS

REF: SECSTATE 169210

¶1. Embassy Bridgetown grants country clearance to Ms. Estelle Quain to travel to Bridgetown to participate as a presenter at the Caribbean Training Integration Workshop on or about November 12 - 18, 2006.

¶2. Embassy point of contact is USAID Representative/Barbados, James Goggin, Phone: 1(246) 228-8070, Fax: 1(246)228-8589. Understand further Embassy assistance is not required.

¶3. The exchange rate is approximately 2 Barbados Dollars for 1 U.S. Dollar. You should bring enough U.S. Dollar bills to pay the taxi. U.S. currency, traveler's checks, and credit cards are routinely and widely accepted here.

¶4. Entry/departure requirements: Mission policy is that all USG travelers to the region be in possession of a valid passport. Visas are not required for short visits. Visitors are granted up to 28 days upon entry, which can be extended through the Barbados immigration Department for up to six months. For further information, travelers may contact the Embassy of Barbados, 2144 Wyoming Avenue N.W., Washington D.C. 20008, 1-202-939-9200.

¶5. Barbados has a departure tax of \$25.00 BDS or \$13.00 USD.

¶6. The following general information pertains to transportation, security and health considerations in the Eastern Caribbean:

Security

In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended especially at night. Be vigilant when using public telephones or ATM facilities near roadsides or quiet areas. As in many U.S. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon, and all valuables should be locked in room safes.

Health Information

Throughout the Eastern Caribbean, the most likely threat to a visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun, without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for

immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

GILROY